

Personality Questionnaire

PATIENT INFORMATION

Name: _____ Age: _____

Gender: _____ Profession: _____

Date of Assessment: _____ dd / mm / yyyy

TEST PROPER - EXTRAVERSION

1. I prefer to work in a team rather than working alone.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

2. I often feel energetic and full of life.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

3. I enjoy interacting with new people.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

4. I am usually the life of the party.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

5. I prefer solitary activities than socializing with groups.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

EMOTIONAL STABILITY

6. I remain calm in stressful situations.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

7. I hardly get upset or angry.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

8. I am easily affected by negative events.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

9. I often feel worried or anxious.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

10. I manage my emotions effectively.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

CONSCIENTIOUSNESS

11. I keep my workspace clean and organized.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

12. I tend to procrastinate on my tasks.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

13. I usually complete my tasks ahead of deadlines.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

14. I always follow a strict daily routine.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

15. I enjoy organizing tasks and events.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

AGREEABLENESS

16. I consider the feelings of others before making decisions.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

17. I enjoy helping others.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

18. I have a hard time understanding others' perspectives.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

19. I am patient with others.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

20. I can be blunt and insensitive.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

OPENNESS TO EXPERIENCE

21. I love trying new things.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

22. I enjoy creative tasks.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

23. I stick to what I know.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

24. I have a wide variety of interests.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

25. I dislike changes in my routine.

- ☐ Always (4 points)
- ☐ Often (3 points)
- ☐ Sometimes (2 points)
- ☐ Rarely (1 point)
- ☐ Never (0 points)

Total Score: _____